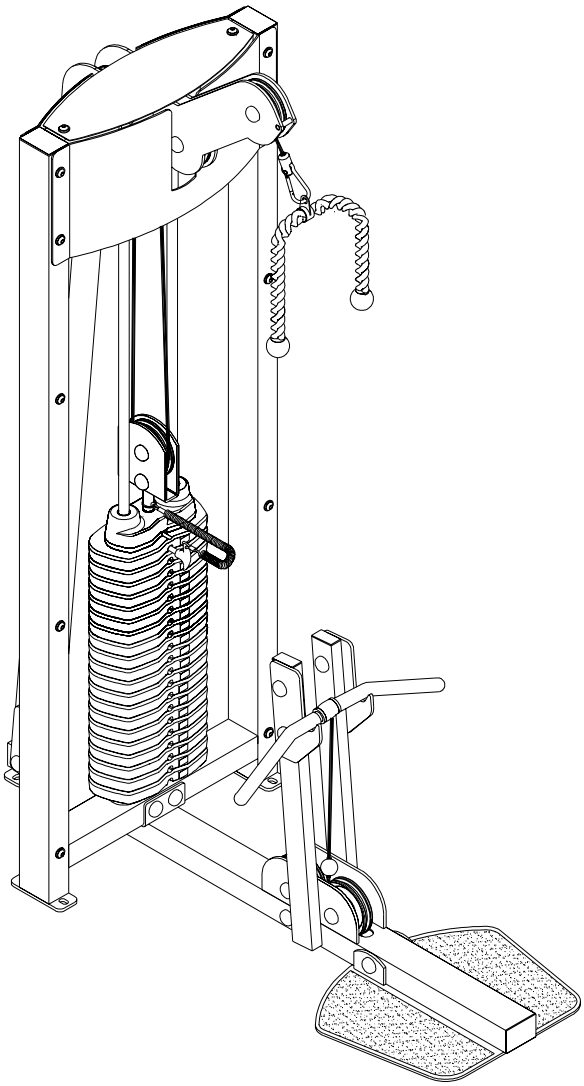
LifeFitness

FIT SERIES
BICEPS/TRICEPS



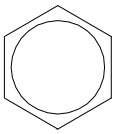
ASSEMBLY INSTRUCTIONS

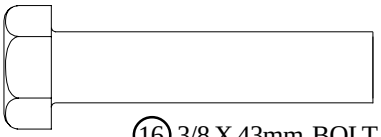
PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	ACU04-1661	TOWER	1	21	ACUDA1C03809716NU	3/8 X 97mm BOLT	5
2	ACU04-1657	BASE FRAME	1	22	ACUDAEC03802516YB	3/8 X 25mm BUTTON HEAD BOLT	2
3	ACU04-1659	PULLEY BOOM	1	23	ACUDC1250100020B	3/8" BLACK FLAT WASHER	22
4	ACU04-1660	REAR UPRIGHT	1	24	ACUDB2E03807200U	3/8" LOW HEIGHT LOCK NUT	20
5	ACU04-1658	FOOT PLATE	1	25	ACUDC120010510U	3/8" SAE WASHER	36
6	ACU02-1648	BAR SUPPORT	2	26	ACU05-0310	3/8" RH WASHER	36
7	ACU06-0025	4-1/2" PULLEY	7	27	ACU06-0357	BLACK RH CAP	4
8	ACU06-0304	3/4 X 2" WEIGHT STACK CUSHION	2	28	ACU06-0357	WHITE RH CAP	32
9	ACU01-2387	GUIDE ROD	2	OR	ACU06-0357	PLATINUM RH CAP	32
10	ACU72925	WEIGHT PLATE	20	29	ACU13-0169	BI/TRI CABLE	1
11	ACU73086	WEIGHT STACK LABEL	1	30	ACUDI1080080U	SNAP LINK	1
12	ACU10-0204ASY	HEAD PLATE ASSEMBLY	1	31	ACU04-1662	CURL BAR	1
13	ACU05-0212	13/16" SHAFT COLLAR	2	32	ACU10-0238	TRICEPS ROPE	1
14	ACU08-0087	3/8 X 1-1/4" FLANGE SPACER	4	33	ACU10-0229	TOP SHROUD	1
15	ACU08-0073	3/8 X 1" FLANGE SPACER	4	34	ACU10-0231	FRONT SHROUD	1
16	ACUDA1C03804316NU	3/8 X 43mm BOLT	6	35	ACU10-0232	REAR SHROUD	1
17	ACUDA1C03805016NU	3/8 X 50mm BOLT	2	36	ACUDB9E03813016B	3/8" ACORN NUT	10
18	ACUDA1C03807316NU	3/8 X 73mm BOLT	2	37	ACUDA1C03810216NU	3/8 X 102mm BOLT	2
19	ACUDA1C03808616NU	3/8 X 86mm BOLT	1	38	ACUDAEC03809016NB	3/8 X 90mm BUTTON HEAD BOLT	10
20	ACUDA1C03809016NU	3/8 X 90mm BOLT	2	39	ACUDC1250100020U	3/8" FLAT WASHER	4

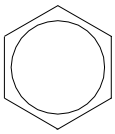
Tools Required for Assembly

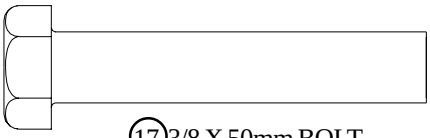
* 9/16" wrench
* Ratchet with 9/16" socket
* Metric Allen wrench set



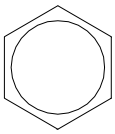


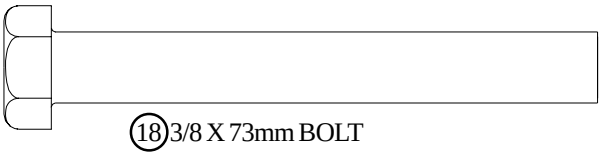
(16) 3/8 X 43mm BOLT



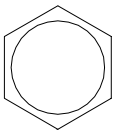


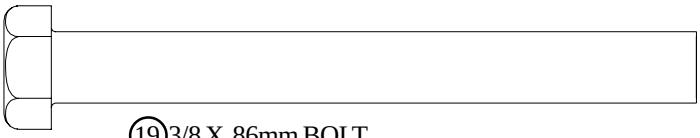
(17) 3/8 X 50mm BOLT



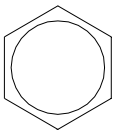


(18) 3/8 X 73mm BOLT

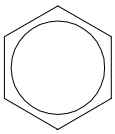




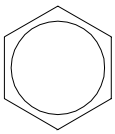
(19) 3/8 X 86mm BOLT

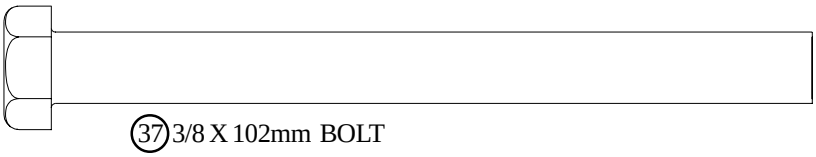


(20) 3/8 X 90mm BOLT

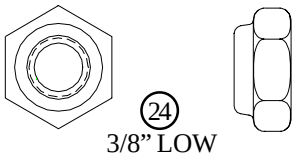


(21) 3/8 X 97mm BOLT

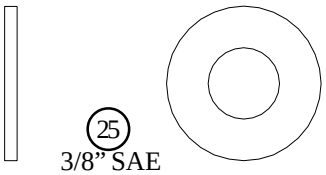




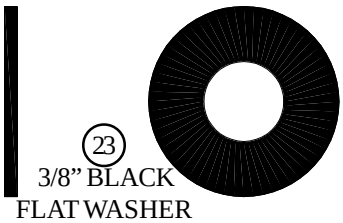
(37) 3/8 X 102mm BOLT



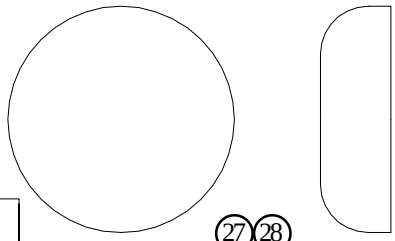
(24) 3/8" LOW HEIGHT LOCK NUT



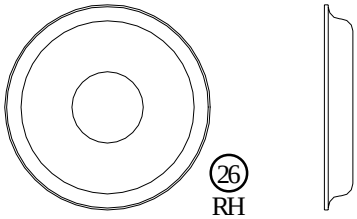
(25) 3/8" SAE WASHER



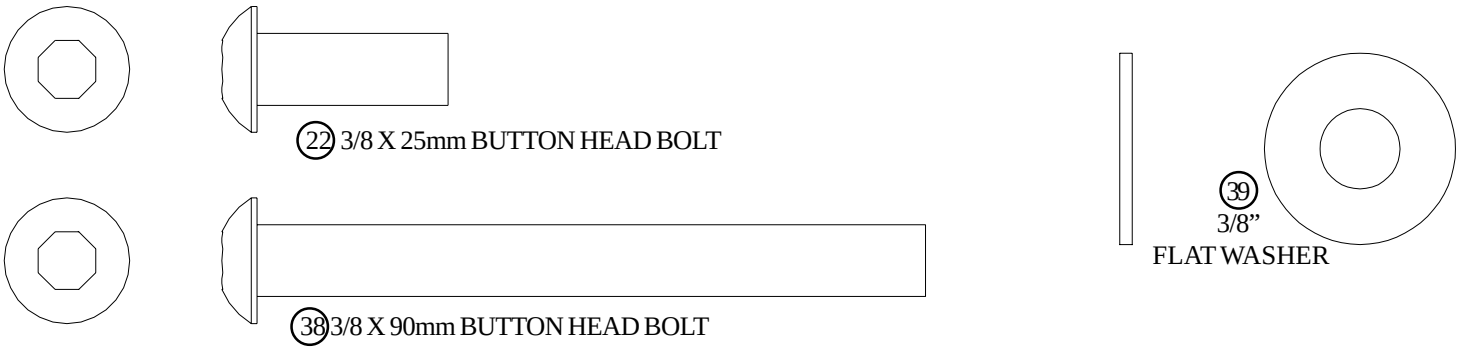
(23) 3/8" BLACK FLAT WASHER



(27) (28) RH CAP (WHITE/PLATINUM/BLACK)



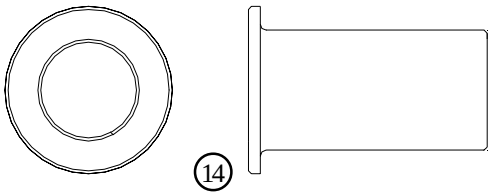
(26) RH WASHER



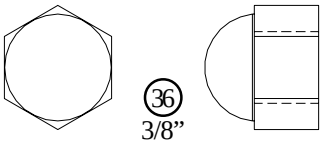
(22) 3/8 X 25mm BUTTON HEAD BOLT

(38) 3/8 X 90mm BUTTON HEAD BOLT

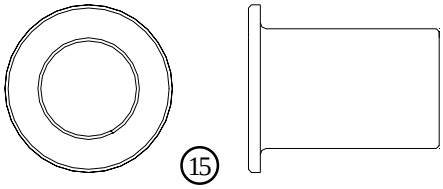
(39) 3/8" FLAT WASHER



(14) 3/8 X 1-1/4" FLANGE SPACER



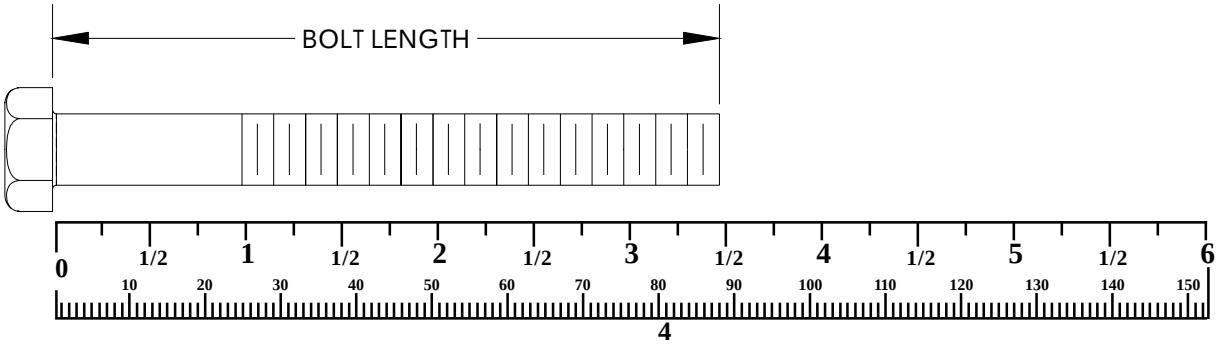
(36) 3/8" ACORN NUT



(15) 3/8 X 1" FLANGE SPACER

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



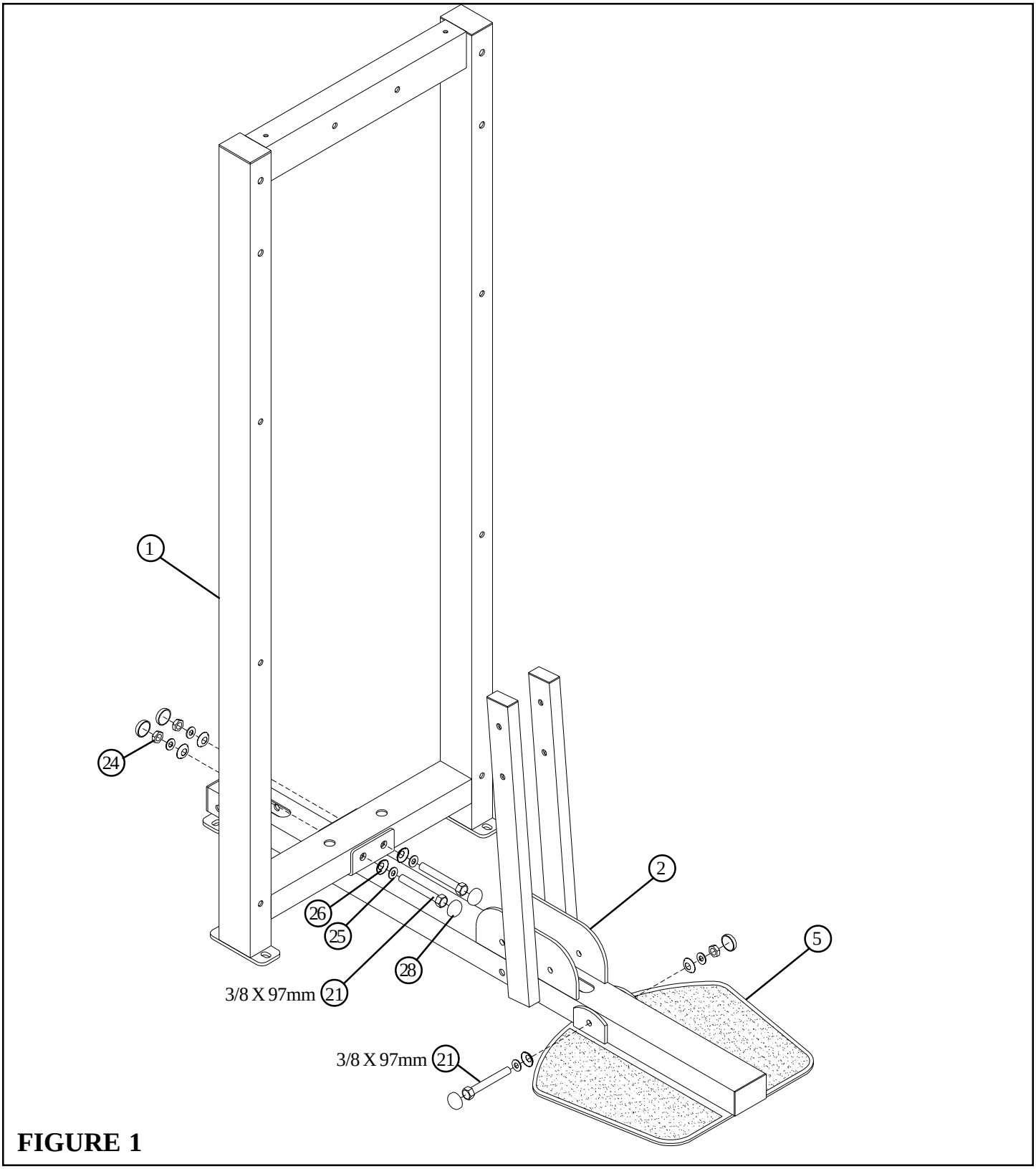


FIGURE 1

STEP 1:

- **SECURELY** assemble the FOOT PLATE (5) to the BASE FRAME (2) using two RH CAPS (28), one 3/8 X 97mm BOLT (21), two 3/8" SAE WASHERS (25), two 3/8" RH WASHERS (26) and one 3/8" LOW HEIGHT LOCK NUT (24) as shown in FIGURE 1.
- **SECURELY** assemble the TOWER (1) to the BASE FRAME (2) using four RH CAPS (28), two 3/8 X 97mm BOLTS (21), four 3/8" SAE WASHERS (25), four 3/8" RH WASHERS (26) and two 3/8" LOW HEIGHT LOCK NUTS (24) as shown in FIGURE 1.

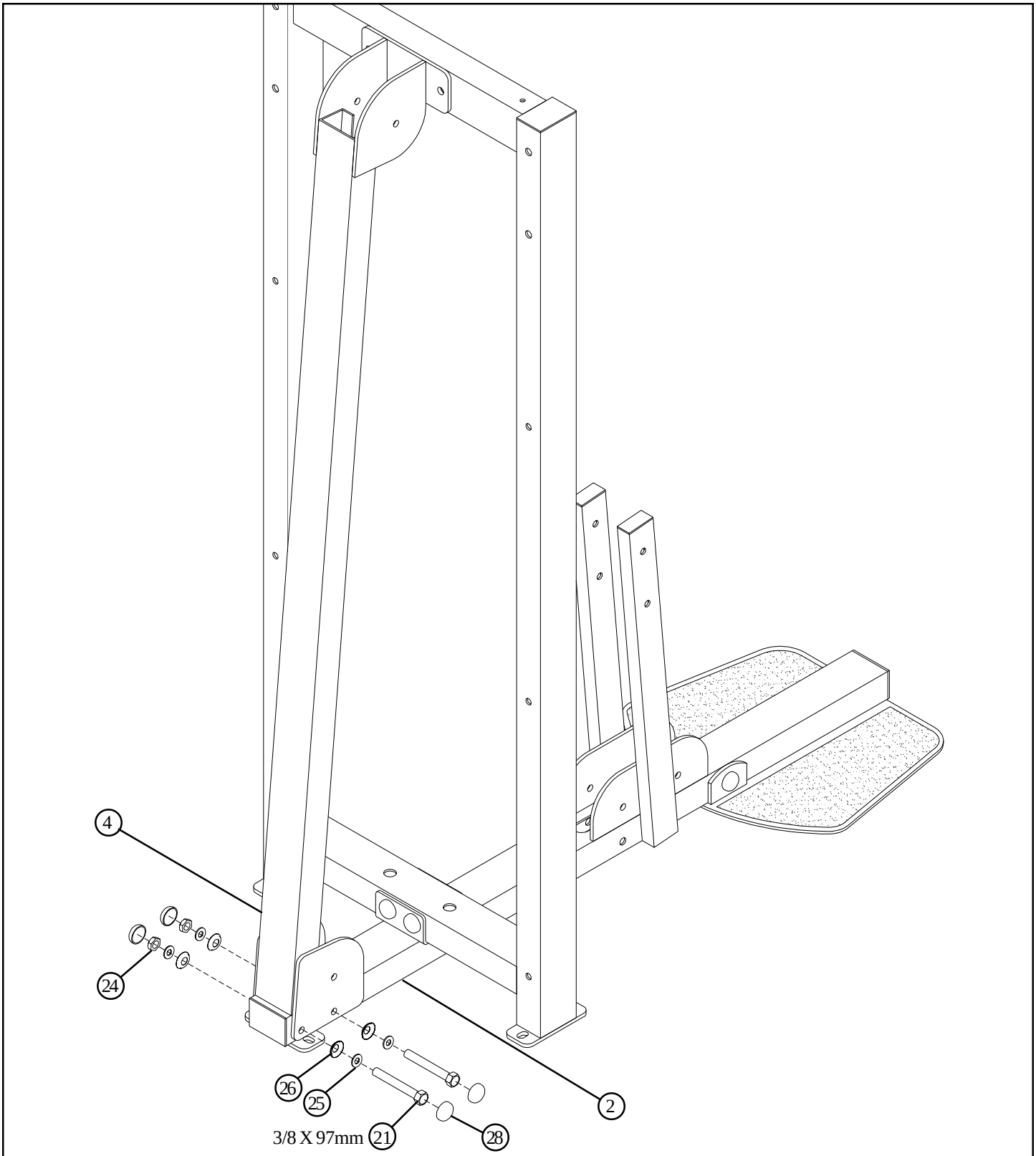


FIGURE 2

STEP 2:

- **LOOSELY** assemble the REAR UPRIGHT (4) to the BASE FRAME (2) using four RH CAPS (28), two 3/8 X 97mm BOLTS (21), four 3/8" SAE WASHERS (25), four 3/8" RH WASHERS (26) and two 3/8" LOW HEIGHT LOCK NUTS (24) as shown in FIGURE 2.

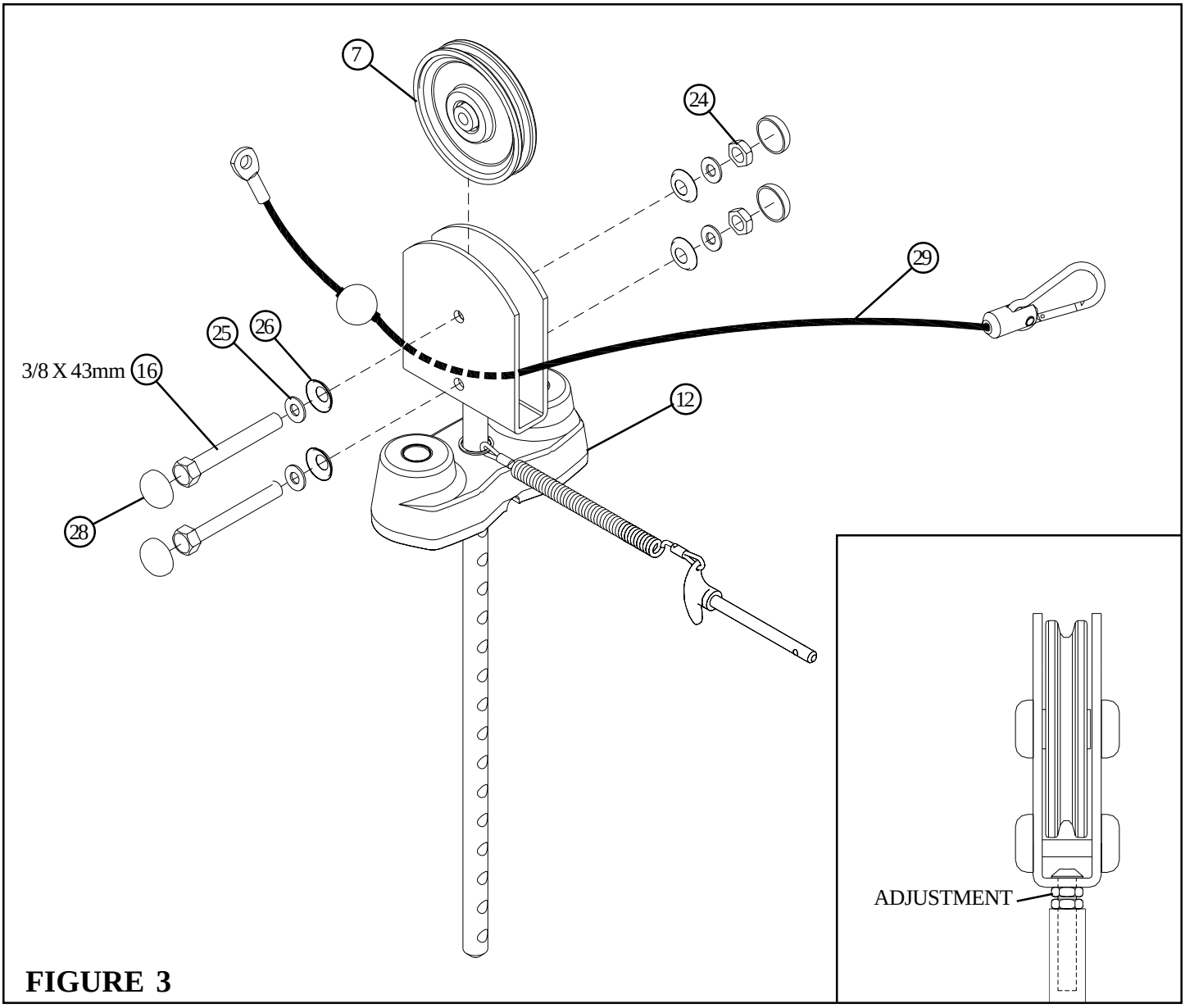


FIGURE 3

STEP 3:

- Route the BI/TRI CABLE (29) around one 4-1/2" PULLEY (7) and **SECURELY** assemble the 4-1/2" PULLEY (7) to the BRACKET on the HEAD PLATE (12) using four RH CAPS (28), two 3/8 X 43mm BOLTS (16), four 3/8" SAE WASHERS (25), four 3/8" RH WASHERS (26) and two 3/8" LOW HEIGHT LOCK NUTS (24) as shown in FIGURE 2. **(NOTE: Make sure CABLE runs over the retaining bolt.)**

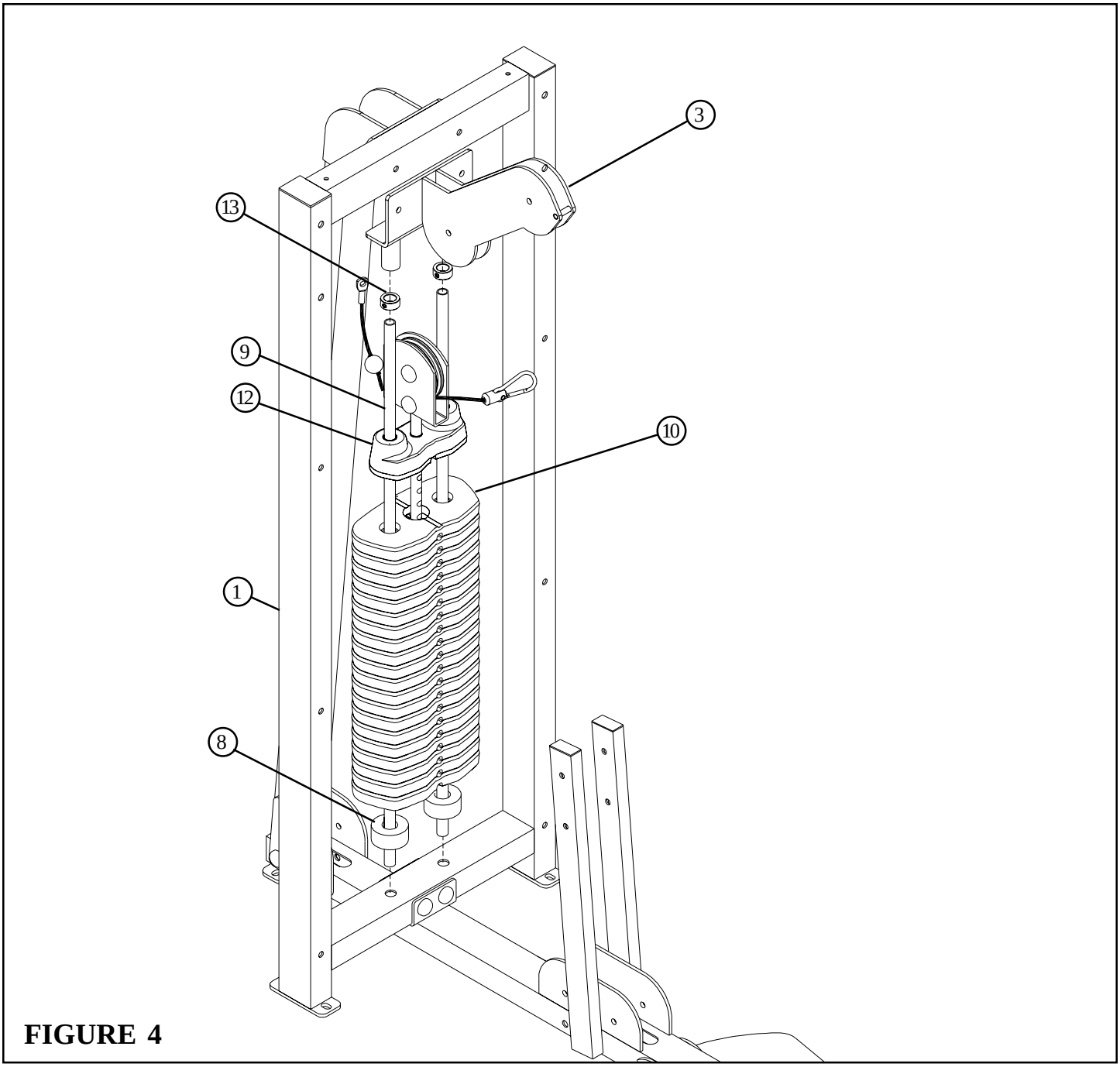
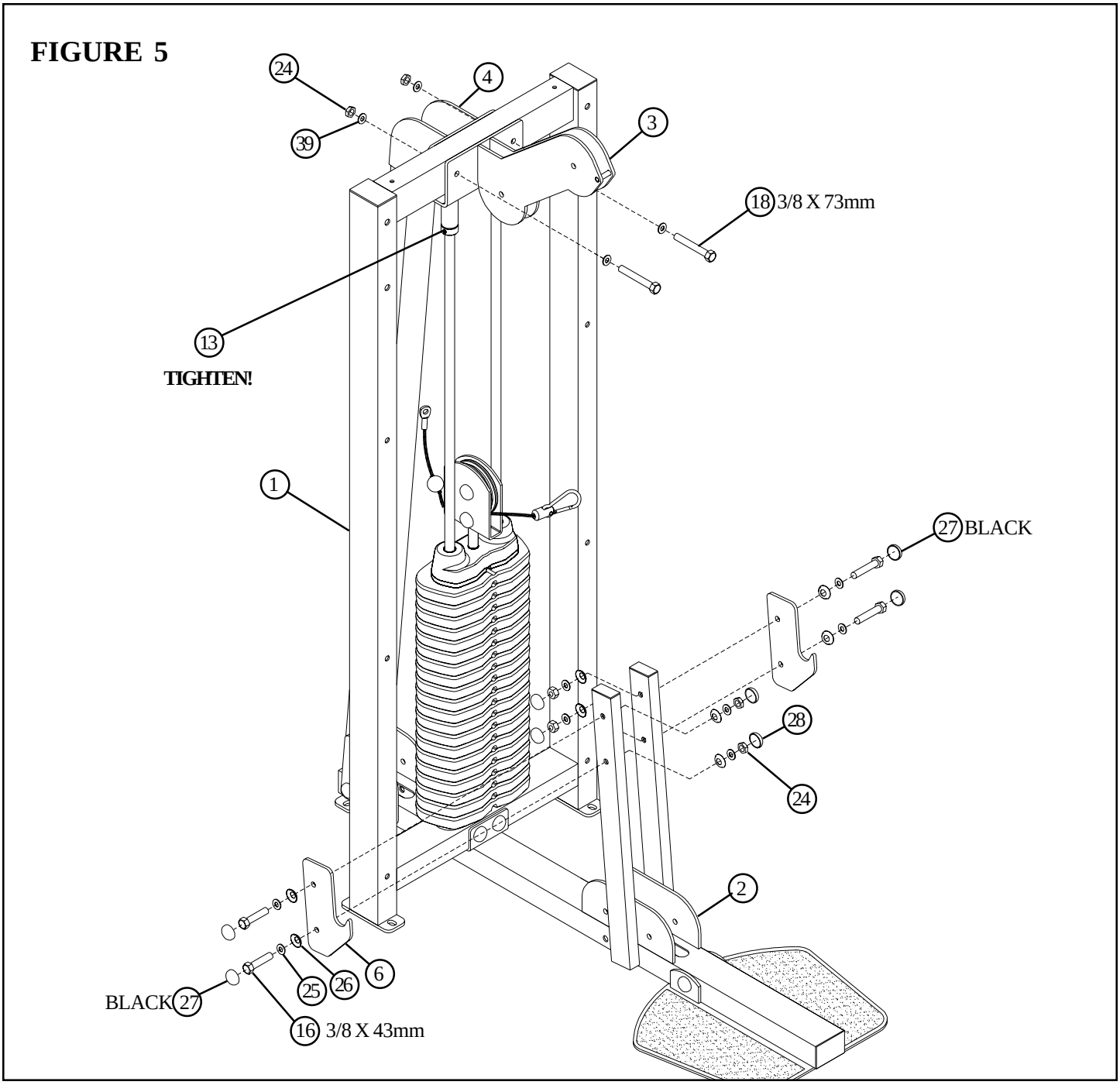


FIGURE 4

STEP 4:

- Insert two GUIDE RODS (9) into the TOWER (1) as shown on FIGURE 4.
- Slide two 3/4 X 2" WEIGHT STACK CUSHIONS (8) down over the GUIDE RODS (9) as shown in FIGURE 4.
- Using **EXTREME CARE** slide all twenty WEIGHT PLATES (10) down over the GUIDE RODS (9) on to the WEIGHT STACK CUSHIONS (8). Make sure that the WEIGHT PLATES (10) are all facing as shown.
- Slide the HEAD PLATE ASSEMBLY (12) down over the GUIDE RODS (9) onto the weight stack as shown in FIGURE 4.
- Slide two 13/16" SHAFT COLLARS (13) and the PULLEY BOOM (3) over the GUIDE RODS (9) as shown in FIGURE 4.

FIGURE 5



STEP 5:

- **SECURELY** assemble the PULLEY BOOM (3) to the TOWER (1) and the REAR UPRIGHT (4) using two 3/8 X 73mm BOLTS (18), four 3/8" FLAT WASHERS (39) and two 3/8" LOW HEIGHT LOCK NUTS (24) as shown in FIGURE 5.

- Slide the 13/16" SHAFT COLLARS (13) up against the PULLEY BOOM (3) and **SECURELY** tighten the set screws on the SHAFT COLLARS (13). See FIGURE 5.

- **SECURELY** assemble the two BAR SUPPORTS (6) to the BASE FRAME (2) using four BLACK RH CAPS (27), four RH CAPS (28), four 3/8 X 43mm BOLTS (16), eight 3/8" SAE WASHERS (25), four 3/8" RH WASHERS (26) and four 3/8" LOW HEIGHT LOCK NUTS (24) as shown in FIGURE 5.

LUBRICATION NOTE:

When finished assembling the Weight Stack, open the lube Pack provided with this unit and apply a thin film of Lubricant around the first 2 to 3 inches of each Guide Rod above the Head Plate Assembly. After the cables are installed, use of the machine will spread the lubricant over the length of the Guide Rods and into the Head Plate bushings

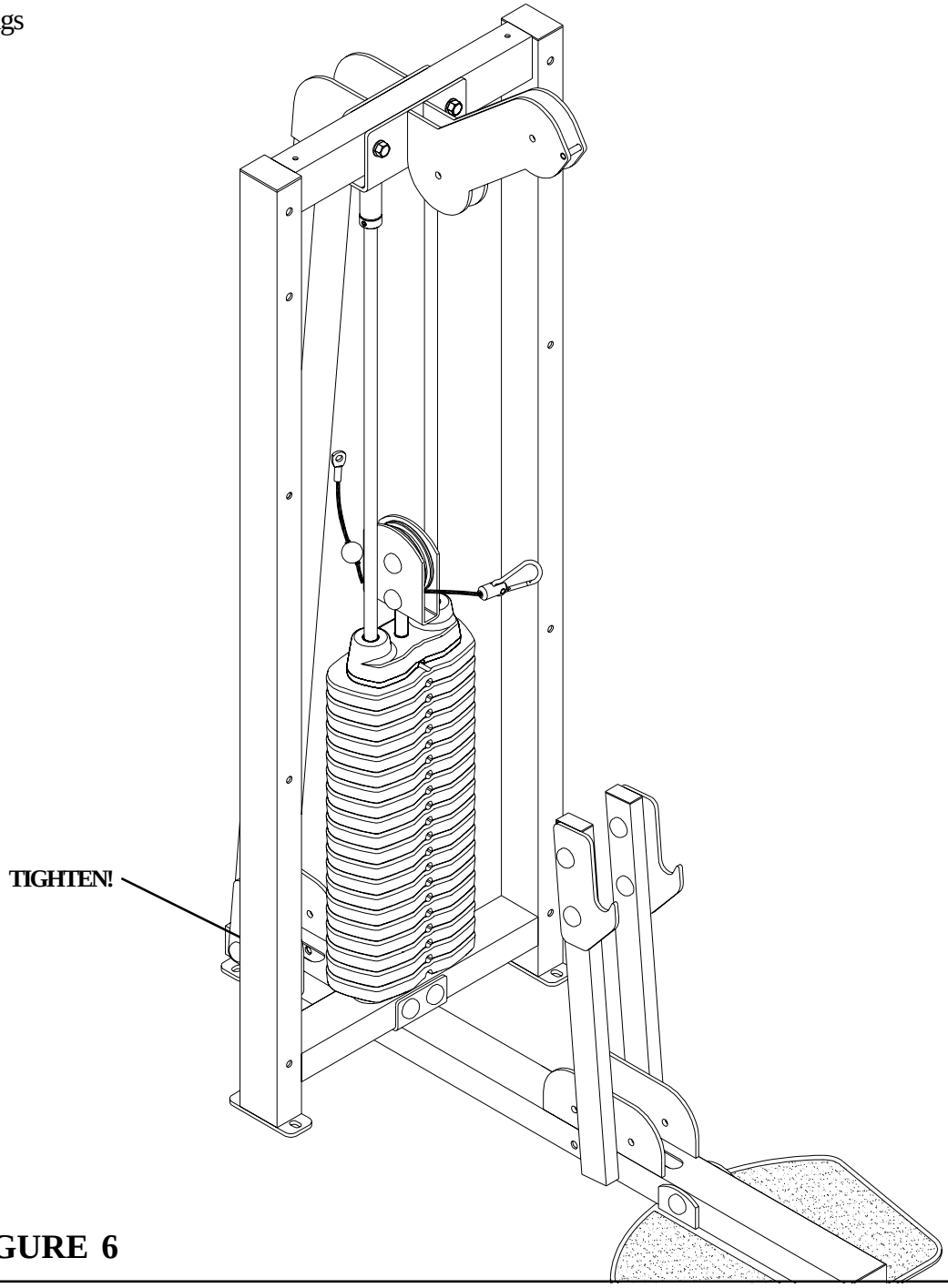
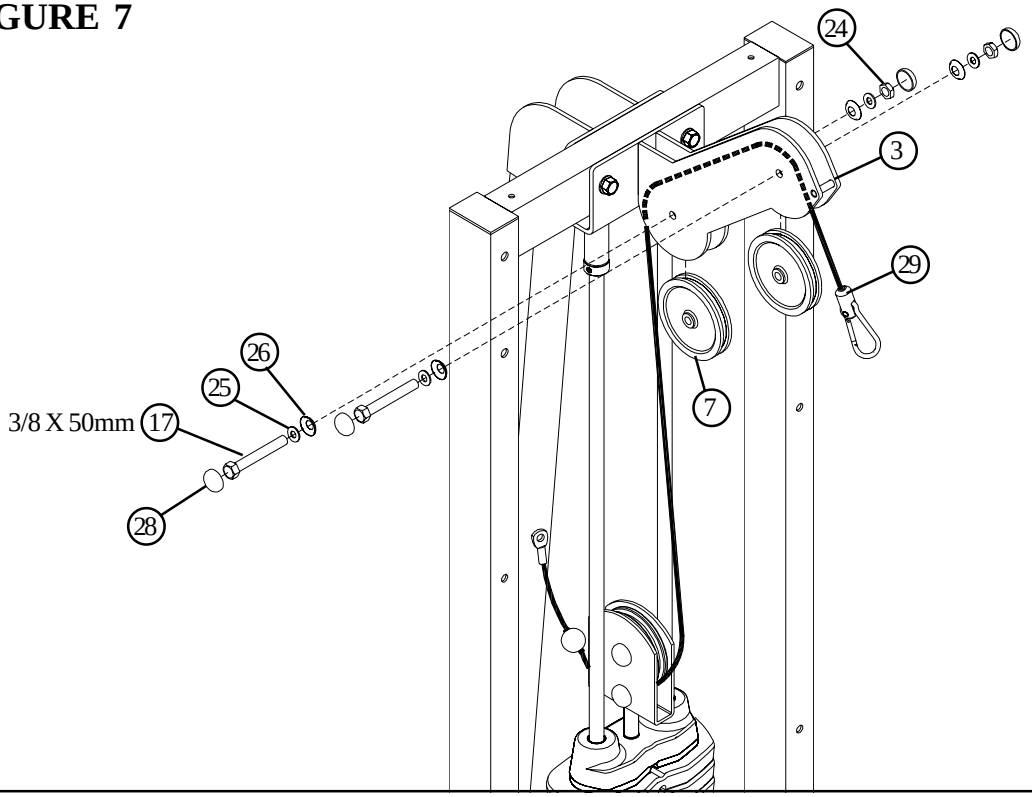


FIGURE 6

STEP 6:

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (27)(28) over the RH WASHERS (26) on all tightened connections.**

FIGURE 7



STEP 7:

- Route the BI/TRI CABLE (29) through the PULLEY BOOM (3) and **SECURELY** assemble two 4-1/2" PULLEYS (7) to the BOOM (3) using four RH CAPS (28), two 3/8 X 50mm BOLTS (17), four 3/8" SAE WASHERS (25), four 3/8" RH WASHERS (26), and two 3/8" LOW HEIGHT LOCK NUTS (24) as shown in FIGURE 7.

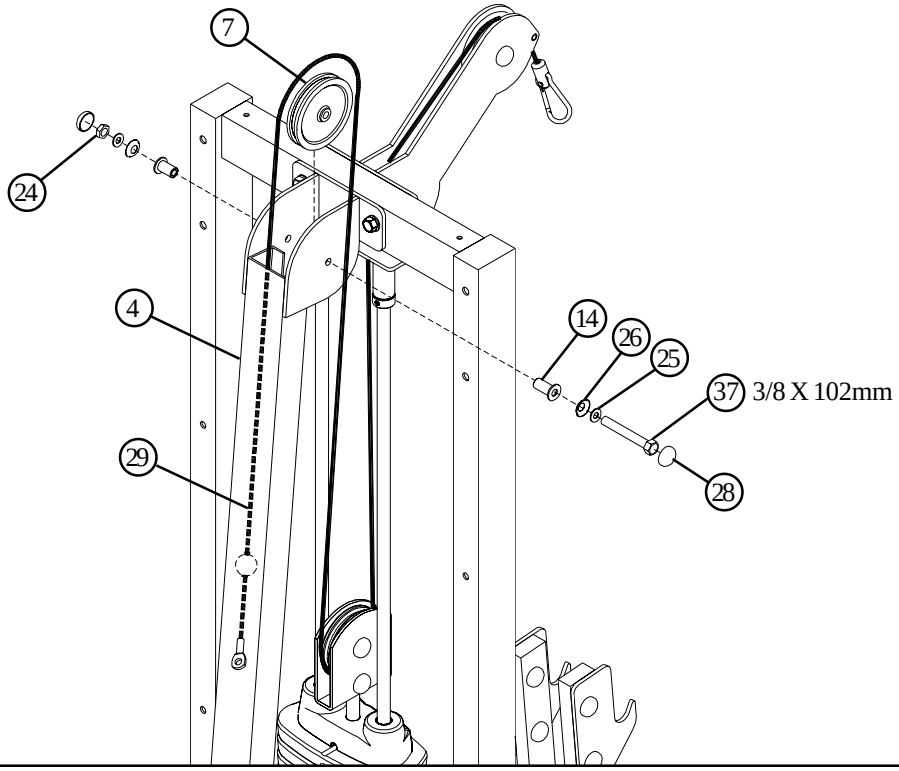


FIGURE 8

STEP 8:

- Route the BI/TRI CABLE (29) *inside* the REAR UPRIGHT (4) and **SECURELY** assemble one 4-1/2" PULLEY (7) to the REAR UPRIGHT (4) using two RH CAPS (28), one 3/8 X 102mm BOLT (37), two 3/8" SAE WASHERS (25), two 3/8" RH WASHERS (26), two 3/8 X 1-1/4" FLANGE SPACERS (14) and one 3/8" LOW HEIGHT LOCK NUT (24) as shown in FIGURE 8.

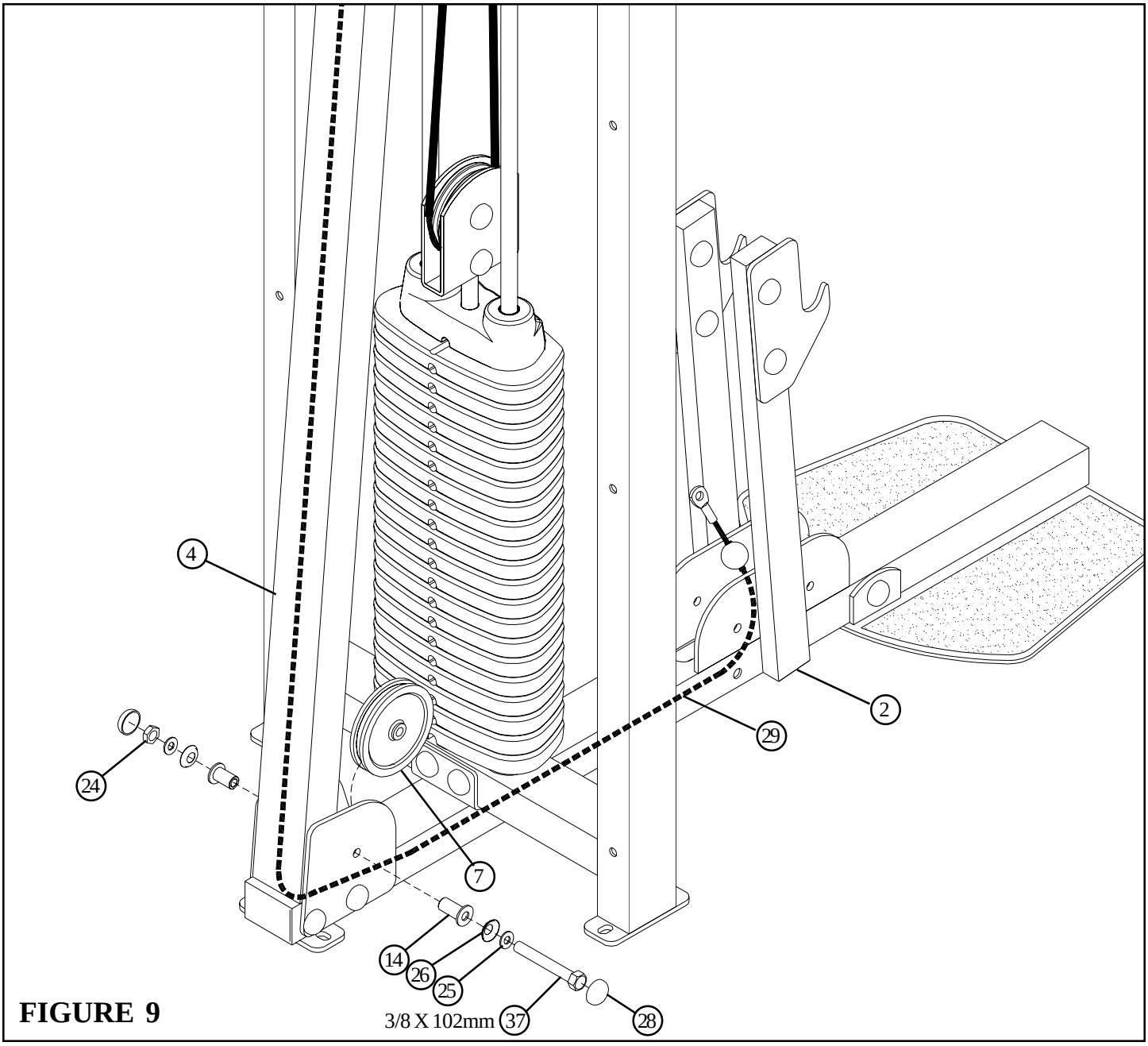


FIGURE 9

STEP 9:

- Continue to route the BI/TRI CABLE (29) *inside* the REAR UPRIGHT (4) and BASE FRAME(2) and **SECURELY** assemble one 4-1/2" PULLEY (7) to the REAR UPRIGHT (4) using two RH CAPS (28), one 3/8 X 102mm BOLT (37), two 3/8" SAE WASHERS (25), two 3/8" RH WASHERS (26), two 3/8 X 1-1/4" FLANGE SPACERS (14) and one 3/8" LOW HEIGHT LOCK NUT (24) as shown in FIGURE 9.

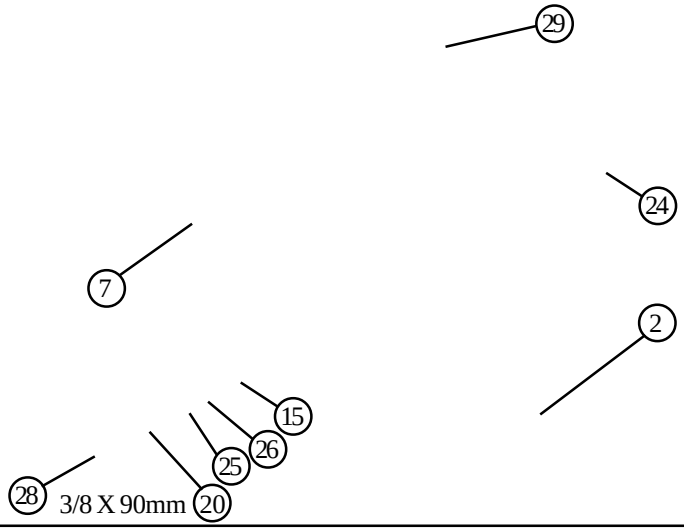


FIGURE 10

STEP 10:

• Route the BI/TRI CABLE (29) between two 4-1/2" PULLEYS (7) and **SECURELY** assemble the 4-1/2" PULLEYS (7) to the BASE FRAME (2) using four RH CAPS (28), two 3/8 X 90mm BOLTS (20), four 3/8" SAE WASHERS (25), four 3/8" RH WASHERS (26), four 3/8 X 1" FLANGE SPACERS (15) and two 3/8" LOW HEIGHT LOCK NUTS (24) as shown in FIGURE 10.

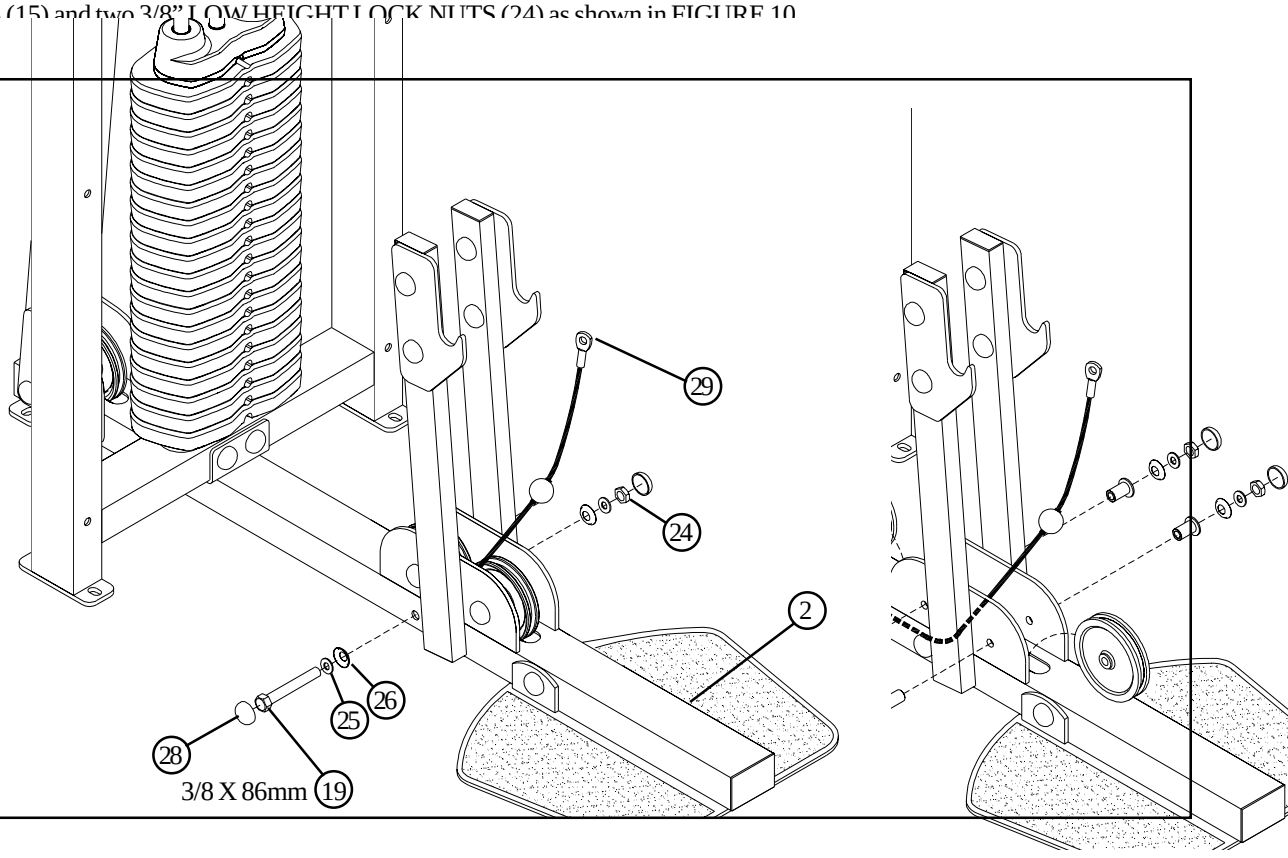


FIGURE 11

STEP 11:

• **SECURELY** assemble one 3/8 X 86mm retaining BOLT (19) to the BASE FRAME (2) using two 3/8" SAE WASHERS (25), two 3/8" RH WASHERS (26), one 3/8" LOW HEIGHT LOCK NUT (24) and two RH CAPS (28) as shown in FIGURE 11. **(NOTE: Make sure the BI/TRI CABLE (29) runs in the groove of the PULLEY.)**

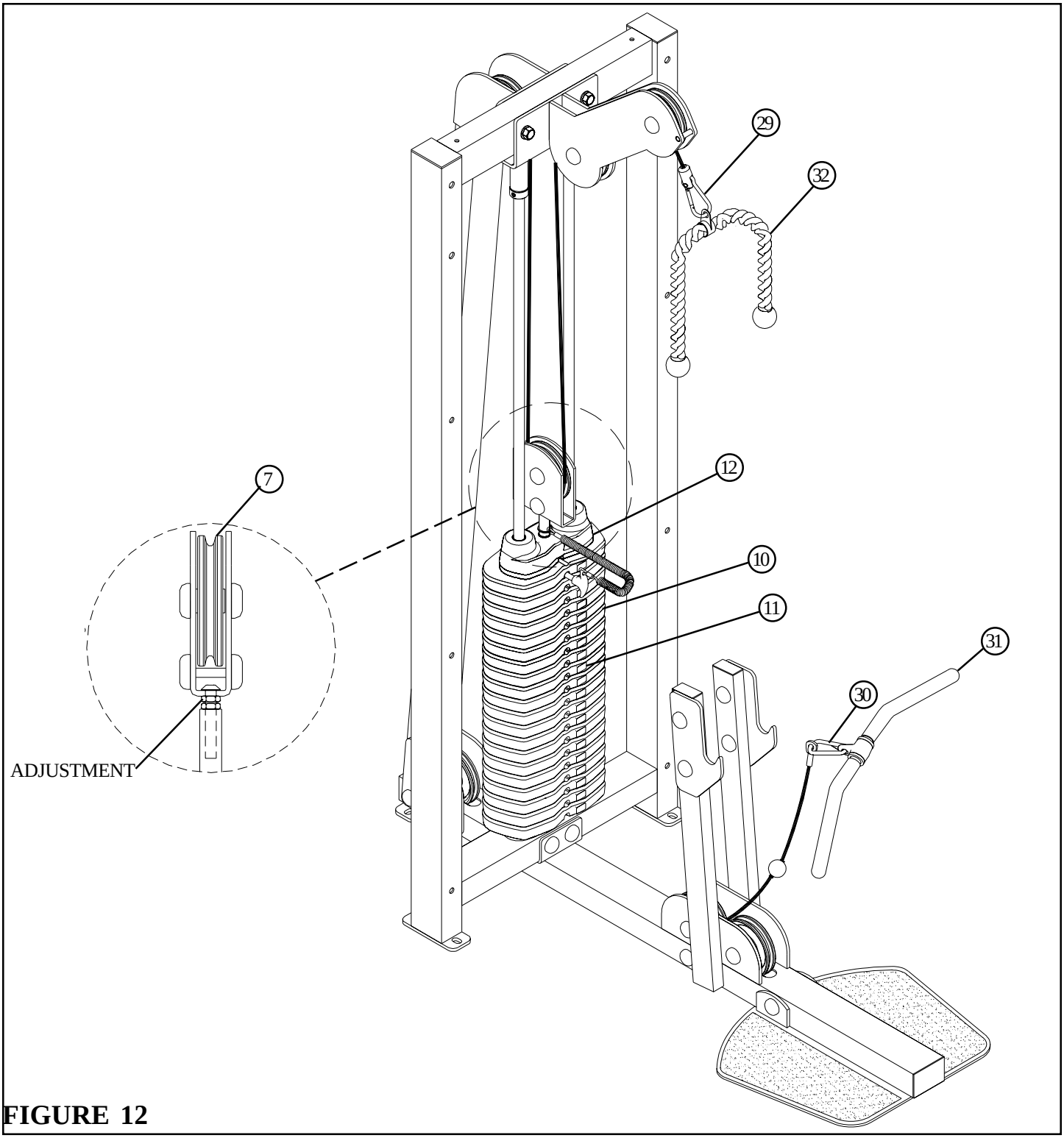
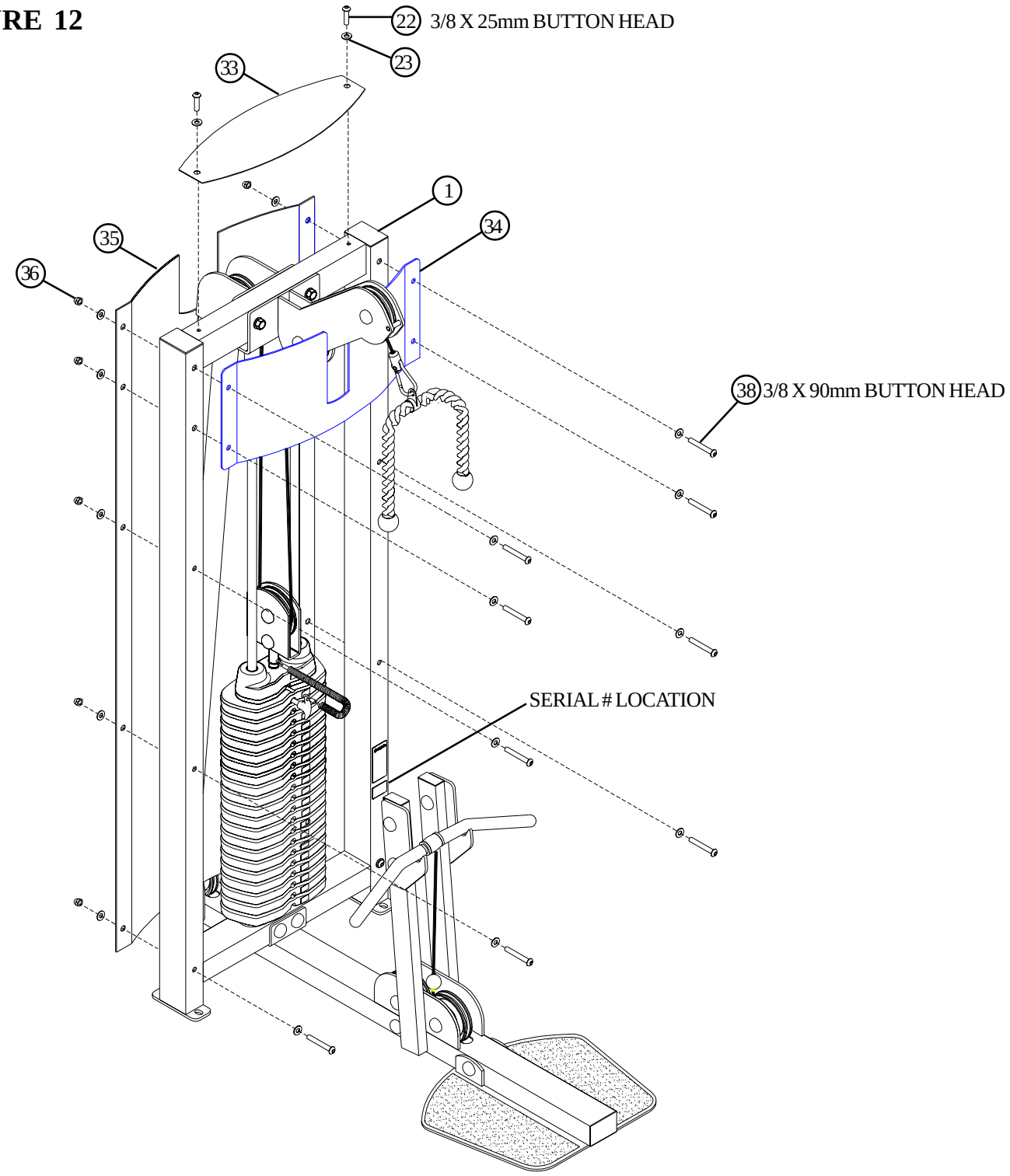


FIGURE 12

STEP 12:

- Assemble the TRICEPS ROPE (32) to the BI/TRI CABLE (29) as shown in FIGURE 12.
- Assemble the CURL BAR (31) to the BI/TRI CABLE (29) using one SNAP LINK (30) as shown in FIGURE 12.
- To adjust cable tension, disassemble the 4-1/2" PULLEY (7) and loosen both jam nuts under the bracket on the HEAD PLATE (12). Adjust the bolt accordingly. Retighten jam nuts and reassemble the 4-1/2" PULLEY (7).
- Apply WEIGHT STACK LABELS (11) to WEIGHT PLATES (10) and HEAD PLATE (12) as shown in FIGURE 12. Begin with number one at the HEAD PLATE (12) with larger numbers in consecutive order towards bottom of weight stack.

FIGURE 12



STEP 13:

- **SECURELY** assemble the TOP SHROUD (33) to the TOWER (1) using two 3/8 X 25mm BUTTON HEAD BOLTS (22) and two 3/8" BLACK FLAT WASHERS (23) as shown above.
- **SECURELY** assemble the FRONT SHROUD (34) and the REAR SHROUD (35) to the TOWER (1) using ten 3/8 X 90mm BUTTON HEAD BOLTS (38), twenty 3/8" BLACK FLAT WASHERS (23) and ten 3/8" ACORN NUTS (36) as shown above.

Thank you for purchasing the LifeFitness FIT SERIES BICEPS/TRICEPS. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
1 YEAR	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800) 351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

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